

Lausanne, 29 March 2016

RIO 2016 Health Concerns- ICF Update

1. Zika Virus

The Zika virus is carried in mosquitos and is transmitted to humans by the mosquito bite. Other important infections are also spread by mosquitos. Prevention of mosquito bites is therefore of paramount importance (see link below). Infection with Zika can cause a mild viral illness but in pregnant women, the virus can infect the fetus and cause serious birth defects. In early pregnancy this can be as high as 1 in every 100 women infected.

Women who are pregnant should not travel to Rio. Women are particularly at risk in the early stages of pregnancy when they may not even know they are pregnant. Sexually active athletes should be advised about this risk to ensure adequate contraception in the month prior to travelling to Rio. If there is uncertainty over pregnancy, a pregnancy test should be undertaken. This is also important information for friends and family members who may be attending the Games.

In women, the virus will clear in 28 days but in men it can remain in the semen for up to six months. Athletes and staff attending the Games must be aware of the need for continuing contraception for this length of time on return from Rio. There are tests to determine if infection has occurred but they are not 100% accurate and should not be relied on.

The Games in August will have fewer mosquitoes but it is important to recognize the value in preventing insect bites.

Information on the zika virus is changing quickly. This is a good link to obtain reliable information.

<http://www.cdc.gov/zika/prevention/index.html>

2. WADA Prohibited List

The recent number of positive cases for the medication Meldonium (Mildronate) serves to remind all athletes of the importance of checking their medications against the World Anti-Doping Agency (WADA) 2016 Prohibited List, which came into effect on January 1. In 2015, Meldonium was on WADA's monitoring program. In 2016, it was added to the Prohibited List because of evidence of its use by athletes with the intention of enhancing performance.

The ICF would like to remind athletes of their responsibility to check the status of their medications regularly. Athletes are responsible for any prohibited substance found in their samples.

3. Water Quality Update: Lagoa Rodrigo de Freitas

International Federations, the IOC Medical Commission and the WHO continue to work with the local Organizing Committee regarding water quality for these Games. The Rio Environmental Agency tests the water regularly and shares this data. The levels of E. Coli and cyanobacteria in the lagoon are influenced by rainfall and a research study, examining this relationship, continues. The connection of a belt of pipes will be completed this month and this will also help with pollution in the Lagoa. The

more recent data is showing improvement in the water quality at the race site, as compared to data from November and December 2015.

Prevention remains the preferred strategy to treatment and, once again, these are suggestions that you might consider.

1. Basic sanitation and food and water precautions
 - Regular hand washing or sanitization (hand gels, foams or liquids). This is important before and after meals, using washroom facilities and at the venue after handling boats
 - Avoid or minimize contact with the lagoon water: no splashing, swimming, unnecessary immersion of hands or feet
 - Shower after training/racing, particularly if exposed to significant water contact
 - Avoid drinking anything but bottled/sealed water. Personal water bottles should be covered to avoid contamination
 - Do not take a water bottle in the boat

2. Vaccinations
 - Check that all routine vaccinations are up to date
 - Obtain the yearly flu shot
 - Hepatitis A and B are strongly recommended
 - Typhoid also recommended
 - Yellow fever is not required if you are limiting your stay to Rio

3. Other considerations to be discussed with your Medical team
 - Bismuth tablets or liquid (i.e. Pepto-Bismol, Kaopectate) may be useful
 - Prophylactic antibiotic- not routinely recommended
 - Insect protection should not be overlooked

4. Treatment
 - Should any of these symptoms develop, prompt treatment should be provided and the illness reported to the ICF Medical Personnel:
 - Diarrhea (5 or more loose bowel movements in 24 hours); blood in the diarrhea; illness that lasts more than 48 hours; fever >38.5 degrees; severe abdominal pain and cramps.

The ICF and FISA will continue to communicate with the IOC, WHO and the Rio 2016 Organizing Committee. We will provide updates, as they are available.

ICF Medical Committee